



Jumping for Distance

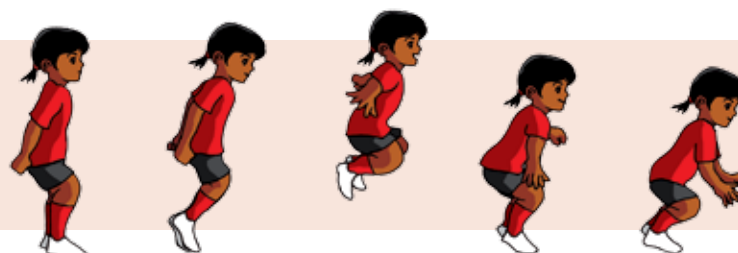
The horizontal jump can be executed by taking off either on one foot or two, but landing on both. When taking off on one foot, children usually run up to the point of take-off. This method is most common in sports like long jump, or gymnastics when jumping over a vault. In many ways, the one-foot take-off is similar to the leap, except that with the horizontal jump, the landing is more stable as it is on both feet.

Mastering the two-foot to two-foot horizontal jump is required in standing long-jump tests which is a component in many fitness assessments. To achieve distance in a jump requires good arm swing with a preparatory crouch and full straightening of the knees.

Developmental Phases

Jumping for Distance

Initial



- Inconsistent degree of knee-bend at preparatory crouch.
- Difficulty using both feet simultaneously to take off and land.
- At take-off, legs are not completely stretched.
- Body is pushed upwards with little emphasis on the length of jump.
- Limited arm swing.

Transition



- Preparatory crouch is lower and more consistent.
- Fuller stretching of the legs during take-off.
- Greater use of arms to assist jump: a backward-upward swing at take-off and then to the side to provide balance during jump.

Mature



- Preparatory crouch is low and consistent.
- Arms swing to back and above waist level. During jump, arms swing forward and are held high.
- Full stretching or extension of legs at take-off.
- Body at take-off is kept at about 45°, with full emphasis on achieving distance.

Approximate Age of Development (in years)

Initial	1	2	3	4	5	6	7	8	9	10
Transition	1	2	3	4	5	6	7	8	9	10
Mature	1	2	3	4	5	6	7	8	9	10

Teaching Strategies

Jumping for Distance

What to do if your child...

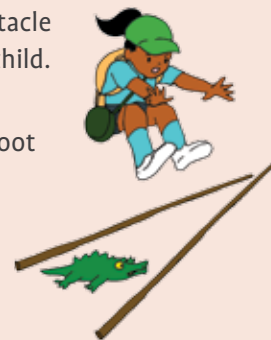
... is looking down and not swinging arms forward to lift body?

- Hold an object a short distance in front of your child at about head level.
- Get your child to jump and touch the object with both hands.
(Tip: Move object a little forward as your child jumps to reach for it.)



... is not lifting knees to jump far?

- Set up a low obstacle in front of your child.
- Get your child to jump with two-foot take-off to clear obstacle.



... is unable to jump continuously on both feet?

- Scatter hoops each a short distance apart.
- Get your child to jump (two-foot take-off) from one hoop to another, be mindful not to land outside the hoops where the 'traps' are.



... needs to coordinate eye, arm and knee movements?

- Set up low obstacles on the ground and hold a target in front of your child.
- Get your child to focus on both when jumping: to touch the hanging target as well as to clear obstacle.

Variations

“Can your child jump far...?”

How the body moves	Force/Effort	Time	Flow
	• and lightly like a grasshopper • and heavily like a bull frog • and land quietly on his toes	• and slowly as if carrying a heavy bag • in quick-slow alternate rhythm • quickly but quietly	• continuously like a kangaroo • like stepping on hot charcoal • following a hopscotch pattern
Where the body moves	Location	Direction/Pathways	Levels/Extensions
	• from one end of the room to the other • within the square boundary • over the river (drawn with chalk)	• following a straight line • creating a zigzag path with his jumps • forward, turn around and jump back to starting position	• like a tall ‘ice-block’ • like a frog trying to catch an insect • to catch a high ball
With whom/ what the body moves	Self (body parts)/People	Objects	
	• and tap knees before landing • and land with hands on top of toes • at the same time with two other friends	• carrying a bean bag • in a sack • over a distance that is about his height	

COMBINATIONS

- Continuously like a frog catching an insect while creating a zigzag pattern on the floor
- Lightly and quietly like a grasshopper from one end of the room to the other

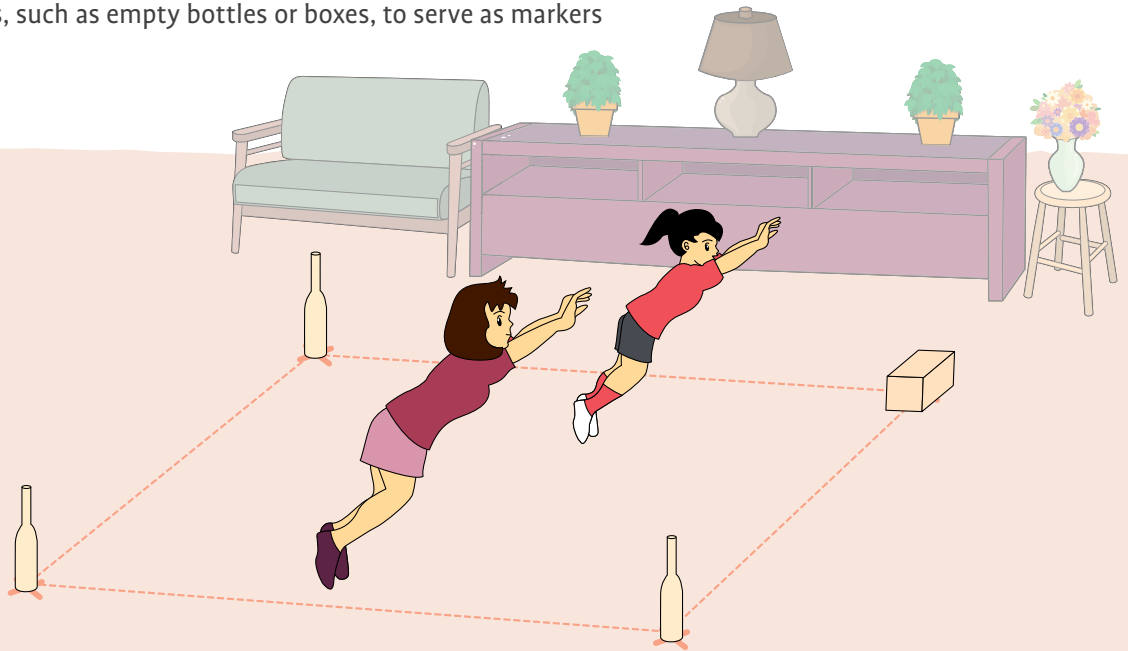
Activity 1

Jumping for Distance

LOCOMOTOR SKILLS

WHAT YOU NEED

- Recycled materials, such as empty bottles or boxes, to serve as markers



HOW TO PLAY



- Define a play area with four markers. Ask your child to imagine he is a corn kernel being heated up. He should start from a squat position, and jump only when the pot is finally heated.
- Your child must then jump around to touch all four corners of the play area to fully turn into a popcorn.



- Join in as someone who loves popcorn. Your child must jump away from you to avoid being eaten, and still try to touch all the four corners of the play area.

BE AWARE

- Teach your child to jump around with his feet together for better balance.
- Be sure he pushes off with the balls (front) of his feet. This will help him jump higher and further.

Activity 2

Jumping for Distance

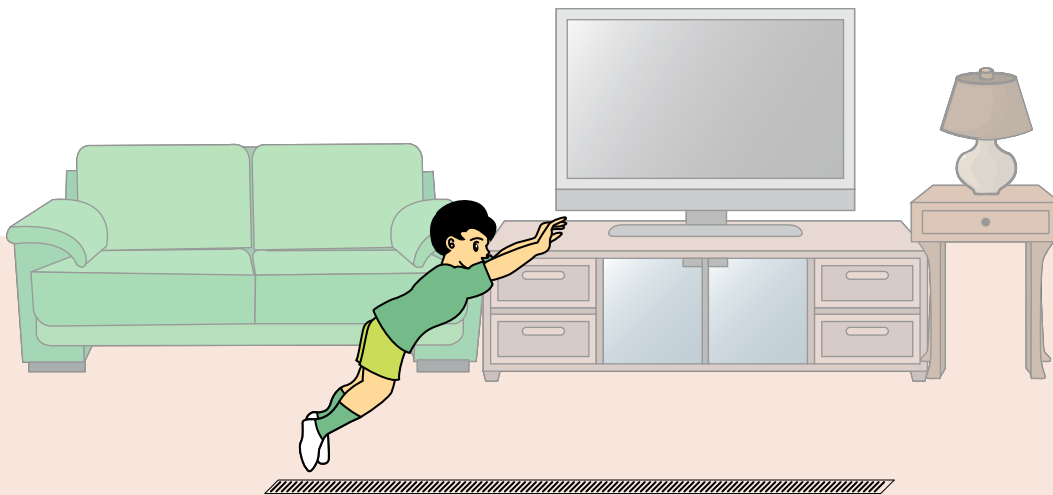
LOCOMOTOR SKILLS



- The measuring tape or chart must be firmly affixed to the floor. This is to prevent slips when landing on it.

WHAT YOU NEED

- Measuring tape or chart



HOW TO PLAY

- Lay the measuring tape or chart on the floor. Stand your child at one end of it. Get him to jump along its length. Measure the distance jumped.



- Measure and record the distance your child jumps every week. This will challenge him to break his own weekly record. He may even be motivated to practise jumping without being prompted.

BE AWARE

- Engage your child. Explain to him that he must swing his arms more and lean his body forward with hands stretched out. This will help him jump further and break his own jumping record.

PRACTICE MAKES PERFECT

- Use suitable opportunities and allow your child to jump over things that he comes across, such as a puddle of water.